

Exercise helpful in retirement

By Dr. E. Kristen Peters

I don't know about you, but I find it all too easy to sometimes come up with a reason I just can't exercise on a given day. I tell myself that my life is too crowded with work and meetings, or that I'm too tired from sleeping poorly the night before. Mind you, if I do exercise I always feel the better for it. But there is what a scientist might call an "energy barrier" to finding what it takes within myself to go for a swim at noon or a significant walk after work.

I find that as I get older, it's not easier to come up with the energy to exercise. So in that sense I can sympathize with people who are now in retirement who find it quite a struggle to work up a sweat on a regular basis. In short, I'm sure it's easy for older Americans to come up with excuses to avoid daily exercise. And some people do have medical conditions that prevent them from lifting weights or playing tennis.

But it's also true that most of us, whatever our age, could do better than we do. And the news is that even if

you are in retirement, it's not too late to start to enjoy the good effects of regular exercise. At least that's the picture painted by a recent study from Sweden reported by the website WebMD.

It was a big study, following 1,800 people for 18 years. People in the study were at least 75 years old when they were enrolled in the program. Half of the participants lived to be 90 years old or older.

Results of the study showed that participants who swam, walked, or exercised regularly in other ways lived an average of two years or more than those who didn't. And exercise was the single biggest predictor of how long a person in the study was going to live.

Add in factors like not smoking and having a rich social life, and the study found that elderly people with the healthiest lifestyles lived about 5.5 years longer than those with the worst lifestyles. (The study didn't include information on diet, a factor that might also make for some significant differences.)

Gisele Wolf-Klein, M.D., of the geriatric education di-

vision of the North Shore-LIJ Health System, commented about the study to WebMD. "It's been known for a long time that adjusting lifestyle behaviors at any age can be beneficial in terms of health and survival," she said.

That's right. Both your health and your very survival can be impacted by working up a sweat each day, and that's true no matter your age.

Wolf-Klein has one anecdotal example of the good effects of exercise in the elderly. Her mentor was a smoker until he had a massive heart attack after age 70.

"He gave up smoking 'cold turkey' after that and began exercising on a stationary bicycle 30 minutes each day," she said. "He is still doing it at the age of 94."

Dr. E. Kristen Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Planet Rock Doc, a collection of Peters' columns, is available at bookstores or from the publisher at wsupress.wsu.edu or 1-800-354-7360. This column is a service of the College of Agricultural, Human and Natural Resource Sciences at Washington State University. •

Dueling videos

By Joe Roybal

(Courtesy, *Beef Magazine*, March, 2012)

"Chipotle Mexican Grill has built a loyal following by appealing to the trendy, emotional side of food. The chain opened its first store in 1993, but didn't hit on its current marketing theme until 2000, when it began serving naturally raised pork. It added natural chicken in 2002, and natural beef in 2007.

"In 2009, CEO Steve Ellis testified before Congress about ending 'antibiotic use on ranches.' About a year before that, Chipotle unveiled a controversial billboard campaign, one of which admonished consumers to 'get your antibiotics from your doctor, not your beef.'

"The latest salvo from the 1,200-store chain was launched during last month's Grammy Awards network telecast when Chipotle rolled out its animated short film, 'Back to the Start.' Chipotle describes the film as depicting 'a farmer whose family farm has slowly evolved into a factory. In a moment of self-reflection, the farmer realizes that he must go "back to the start" and transition away

from factory conditions and toward more sustainable farming methods.' The video has 5.25+ million views on YouTube.

"The problem is that, as the American Meat Institute (AMI) and others point out, Chipotle's emotional marketing appeal isn't borne out of science. In its bid to win consumers, Chipotle backhands conventional agriculture.

"But AMI aims to set the record straight about the Chipotle-style myths. In a new www.meatmythcrushers.com video, Judith Capper, Washington State University associate professor, clears up the common misperception, for instance, that larger, modern cattle operations have a greater negative environmental impact than small, local operations.

"Generally, the bigger the operation, the more modern it is, the more accepting of technology, the lower the land use, the water use and the carbon footprint," she says.

"Capper also notes that many consumers aren't

aware of the transportation efficiencies made over the last century. "To truck beef, for example from Kansas to Iowa, has a far lower carbon footprint than to air freight it, for example, or to drive locally to a farm, buy it and take it home again," Capper explains.

"She also addresses the common myth that grass-fed beef is more environmentally friendly than grain-finished beef.

"(The grass-fed system) has a greater number of days from birth to harvest, the animals grow more slowly and that means overall they use more land, more water, more energy, more fuel and have a far greater carbon footprint than animals grown on corn," Capper says.

"Of course, the biggest implication of the Chipotle marketing message is that any meat product that isn't organic or natural is sloppily produced and unsafe. There's nothing wrong with carving a niche by appealing to certain consumer tastes, but it shouldn't be at the expense of another production method that is just as safe, just as nutritional, and even more sustainable." •

New resources for Alzheimer's caregivers

(Submitted by the Alzheimer's Association)

This year, the Alzheimer's Association launched two free resources for families impacted by Alzheimer's disease. Alzheimer's Navigator™ is an online tool to help caregivers and people with dementia evaluate their needs, identify action steps and connect with local programs and services. Developed with the feedback of people living with Alzheimer's and caregivers, Alzheimer's Navigator also allows users to reassess needs and adjust care plans as the disease progresses. ALZConnected™, powered by the Alzheimer's Association, is the first social networking community designed for people living with Alzheimer's and their caregivers.

Following a brief welcoming survey, Alzheimer's Navigator users complete a set of focused questions. Their responses result in customized action steps ranging from activities of daily life to legal and financial planning to safety precautions. Each user's action plan is specific to current needs and is designed to change as the disease progresses. When local resources are needed, Alzheimer's Navigator works in conjunction with Community Resource Finder, an online search engine, to link the user to community programs, services and resources such as adult day care or long-term care facilities.

Alzheimer's Navigator users can also create and manage care terms so that multiple people can access and participate in the customized action plan, enabling long distance caregivers to be involved and primary caregivers to share the responsibility. Alzheimer's Navigator may be accessed at www.alzheimersnavigator.org.

ALZConnected is a specialized social network that allows members to connect and communicate with people who understand their unique challenges 24 hours a day, 365 days a year. They can also pose questions and offer solutions to dementia-related issues, create public and private groups organized around a dedicated topic and contribute to message boards.

ALZConnected combines the features of many social networking sites and the popular Alzheimer's Association's message boards. Members create "connections" by extending and receiving invitations. ALZConnected may be accessed at www.alzconnected.org.

There are about 196,000 people living with Alzheimer's and more than 500,000 unpaid caregivers in Michigan, according to the Alzheimer's Association® 2012 Alzheimer's Disease Facts & Figures. The Alzheimer's Association will continue to assist families in a variety of ways to best meet their needs. Alzheimer's Association chapters nationwide facilitate more than 4,500 support groups and conduct 20,000 education programs annually. The Alzheimer's Association provides consultation to 250,000 people in need each year through its toll-free 24/7 Helpline (1-800-272-3900). The only one of its kind, the Helpline is staffed by masters-level counselors and provides information and guidance in more than 170 languages and dialects. •

Islamist promises Israel's destruction

(Courtesy, *afa Journal*, September, 2012)

"A radical Muslim preacher predicted that the new president of Egypt would construct a new Muslim caliphate — a single Islamic dominion — over the Arab world with its capital in Jerusalem.

"In a May speech at a soccer stadium in Cairo, Muslim cleric Safwat Higazi told thousands of Muslim Brotherhood supporters, 'The capital of the caliphate — the capital of the United States of the Arabs — will be Jerusalem, God willing.'

"He then led the crowd in chanting, 'Millions of martyrs march toward Jerusalem,' according to the *Jerusalem Post*.

"Higazi claimed this would be accomplished by then-candidate Mohammed Mursi, who eventually won the Egyptian presidency in a controversial election victory. Mursi agreed with Higazi's sentiments regarding Israel.

"Yes, Jerusalem is our goal,' Mursi told the crowd. 'We shall pray in Jerusalem or die as martyrs on its threshold.'

"Mursi has also said that Egypt's Coptic Christian population must 'convert [to Islam], pay tribute or leave'

the country. The statement was made privately to a journalist but was publicized by the Egyptian news website El Bashayer.

"...and then the Vatican

"The Middle East Media Research Institute released a video and translation of an interview with a prominent Muslim professor in which he predicted the Islamic conquest of Andalusia (Spain) and the subjugation of the Vatican, home to the Catholic Church.

"The conquest of Andalusia is an old dream, something Muslims proudly hope for and will continue to hope for in the future,' Dr. Subhi Al-Yazij said in a May 25 interview on Al-Aqsa TV. He added: 'We place our hopes in Allah and trust that the day will come when our triumph will not be restricted to Palestine. Our hopes go beyond that — to raise the banner of the caliphate over the Vatican, the "Rome" of today, in accordance with the hadith of the Prophet Muhammad: "Constantinople shall be conquered, and then Rome"'

"According to MEMRI, Al-Yazij is dean of Koranic studies at Islamic University of Gaza and former department head at the Ministry of Religious Endowments for Hamas." •

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